

## **ABSTRACT OF THE DISCLOSURE**

A method of evaluating the dynamics of caloric restriction (CR). In one embodiment, a method of evaluating the dynamics of CR comprises obtaining control data from an administration of a long-term control diet program. Each of several mammalian sample groups is subjected to a CR diet program for a different amount of time. The effect of CR between each of the several mammalian sample groups and the control data are compared to each other. Additionally, the effects among members of CR among the several mammalian sample groups are compared to each other.